

Visiting Friends and Family Abroad?

Protect yourself from typhoid fever!

Typhoid fever is a serious, life-threatening disease

- It is most common in eastern and southern Asia (especially Pakistan, India, and Bangladesh), Africa, the Caribbean, Central and South America, and the Middle East.
- Travelers to these regions are at higher risk for typhoid fever.
- Typhoid fever most often spreads through unsafe food and water.

Keep safe with the following tips:

Before your trip

- **Get vaccinated for typhoid fever.**
 - » Visit your doctor at least 2 weeks before travel to discuss your vaccination options.

During your trip

- **Wash your hands often with soap and water.**
- **Practice safe eating and drinking habits.**
 - » Boil, cook, or peel food before eating.
 - » Drink only water that is bottled or has been boiled for 1 minute (3 minutes at elevations above 6,500 feet).
 - » Avoid drinks with ice.
 - » Don't eat food prepared by a sick or recently sick person.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/typhoid-fever/prevention.html